



Yummy Beef

 **Gluten Free**

READY IN

ready

140 min.

SERVINGS

servings

4

CALORIES

calories

1214 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bay leaves
- ☐ 0.5 cup butter
- ☐ 14.5 ounce canned tomatoes crushed canned
- ☐ 2 tablespoons garlic minced
- ☐ 1 bell pepper green chopped
- ☐ 2 onions sliced
- ☐ 4 pounds fat-trimmed beef flank steak lean cut into one inch cubes

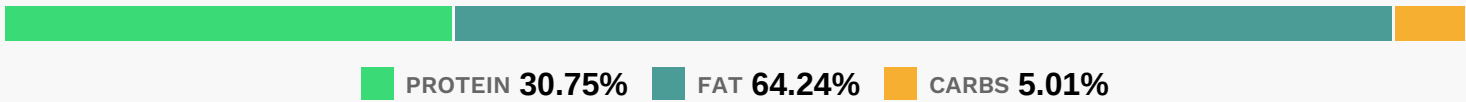
Equipment

- ☐ frying pan
- ☐ oven
- ☐ casserole dish
- ☐ slow cooker

Directions

- ☐ Preheat oven to 325 degrees F (165 degrees C).
- ☐ Melt the butter or margarine in a large skillet over medium heat.
- ☐ Add the garlic, bay leaves, onion and green bell pepper and saute for about 5 minutes.
- ☐ Add the meat and saute until slightly browned on all sides.
- ☐ Transfer mixture to a 2 quart casserole dish and pour the tomatoes over the mixture.
- ☐ Cover and bake at 325 degrees F (165 degrees C) for about 2 hours. (Note: Also can be done in a slow cooker on low setting for 6 to 8 hours.)

Nutrition Facts



Properties

Glycemic Index:38.75, Glycemic Load:3.71, Inflammation Score:-8, Nutrition Score:43.326956355053%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 11.89mg, Quercetin: 11.89mg, Quercetin: 11.89mg, Quercetin: 11.89mg

Nutrients (% of daily need)

Calories: 1213.87kcal (60.69%), Fat: 87.57g (134.72%), Saturated Fat: 43.2g (270.01%), Carbohydrates: 15.39g (5.13%), Net Carbohydrates: 11.9g (4.33%), Sugar: 7.62g (8.47%), Cholesterol: 337.7mg (112.57%), Sodium: 557.76mg (24.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 94.31g (188.62%), Selenium: 112.42µg (160.6%), Zinc: 23.75mg (158.35%), Vitamin B12: 7.58µg (126.3%), Vitamin B3: 23.71mg (118.56%), Vitamin B6: 2.15mg (107.4%), Phosphorus: 720.95mg (72.09%), Vitamin B2: 1.17mg (69.12%), Iron: 9.45mg (52.5%), Potassium: 1672.21mg (47.78%), Vitamin C: 38.71mg (46.93%), Vitamin B1: 0.53mg (35.19%), Magnesium: 125.91mg (31.48%), Copper:

0.6mg (29.76%), Vitamin A: 1112.71IU (22.25%), Manganese: 0.37mg (18.31%), Vitamin K: 16.73µg (15.93%), Fiber: 3.49g (13.96%), Vitamin E: 2.07mg (13.78%), Folate: 41.45µg (10.36%), Calcium: 96.78mg (9.68%), Vitamin B5: 0.44mg (4.38%), Vitamin D: 0.45µg (3.02%)